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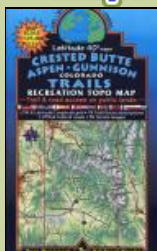
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Derailleur Hangers



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Protein Supplement Drinks and Heavy Metals

Submitted by rad on Wed, 07/21/2010 - 15:30
in [Nutrition](#)

What to believe? Consumer Protection or Link Baiting?

Consumer Reports reported excessive heavy metal contamination in several protein supplement drinks in their July 2010 issue. Since I suspect that this article (along with their recommendation against the iphone 4) are both designed more to create controversy and draw traffic to their site, you can [read the article at melting mama](#) instead.

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2010 North American Handmade Bicycle Show - Richmond VA

Submitted by rad on Fri, 03/12/2010 - 00:09

I had a great time at the Portland handmade bike show and was excited to hit the Richmond show after missing Indianapolis last year. Here are some things that stood out to me:



This beautiful Bilenky frame with custom lugs was left unpainted to show off the brazing and lug work. To me, this is the essence of what custom bike shows are about, and just some lovely work. I like how the color of the brass accents the edges of the lugs. (photos by Ward Morrison)

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Upcoming Events

N E M B A f e s t
B i k e F e s t i v a l
9 October 2010 - 10 October 2010
Allenstown , NH , United States

2 4 H o u r s
9 October 2010 - 10 October 2010
Moab , UT , United States

T o u r d e F a
9 October 2010
Tempe , AZ , United States

B i c y c l e F i
L o n d o n
13 October 2010 - 17 October 2010
London , LND , United Kingdom

Z u n i M o u n
16 October 2010
Gallup , NM , United States

T e x a s C u s t o m B i c y c l e
S h o w
16 October 2010 - 17
October 2010
Austin , TX , United States
M i s t r o v s t v í C e s k é
R e p u b l i k y v S l o v a k i e
S p e e d u
16 October 2010
Prague , Czech Republic
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TrasCandonga Trip from MTB Tours

Submitted by rad on Sat, 01/27/2007 - 17:20

in [Trip Report](#)

TrasCandonga: Sierras Chicas, Cordoba, Argentina

7-11 December, 2006



Cuchi Corral Viewpoint

I desperately wanted to do some mountain biking on my first trip to Argentina in my adult life. My plans were only to be in Buenos Aires (i didn't know how flat it was, nor how far the nearest mountains or hills were.) Since i knew no one in Argentina that was a mountain biker, i searched the internet and found

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Keywords and misspellings: mtn mt. mountian bike biking bicycle bycycle bicycling VTT BTT velo bici